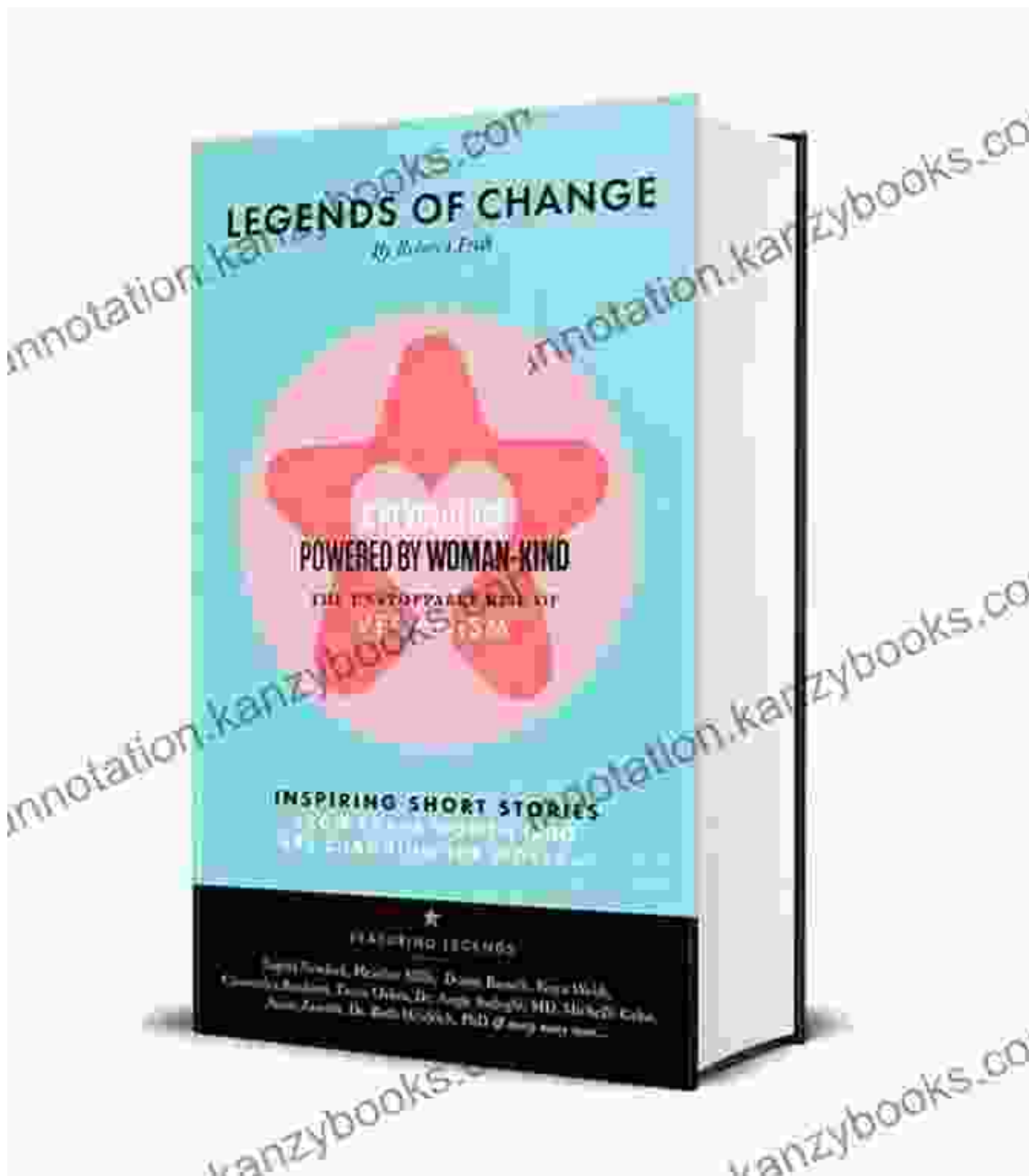


Legends of Change: The Unstoppable Rise of Veganism



Legends of Change: The unstoppable rise of veganism

by Louis Pullig De Gouy

★★★★☆ 4.4 out of 5

Language : English



File size	: 13085 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 669 pages



In a rapidly changing world, veganism has emerged as a powerful force for good. From humble beginnings, it has grown into a global movement that is transforming not only our food system but also our entire planet.

In *Legends of Change: The Unstoppable Rise of Veganism*, you'll meet the visionary pioneers who are leading this revolution. They are chefs, entrepreneurs, athletes, activists, and scientists who are using their talents and passions to create a more compassionate and sustainable world.

Miyoko Schinner: The "Queen of Vegan Cheese"



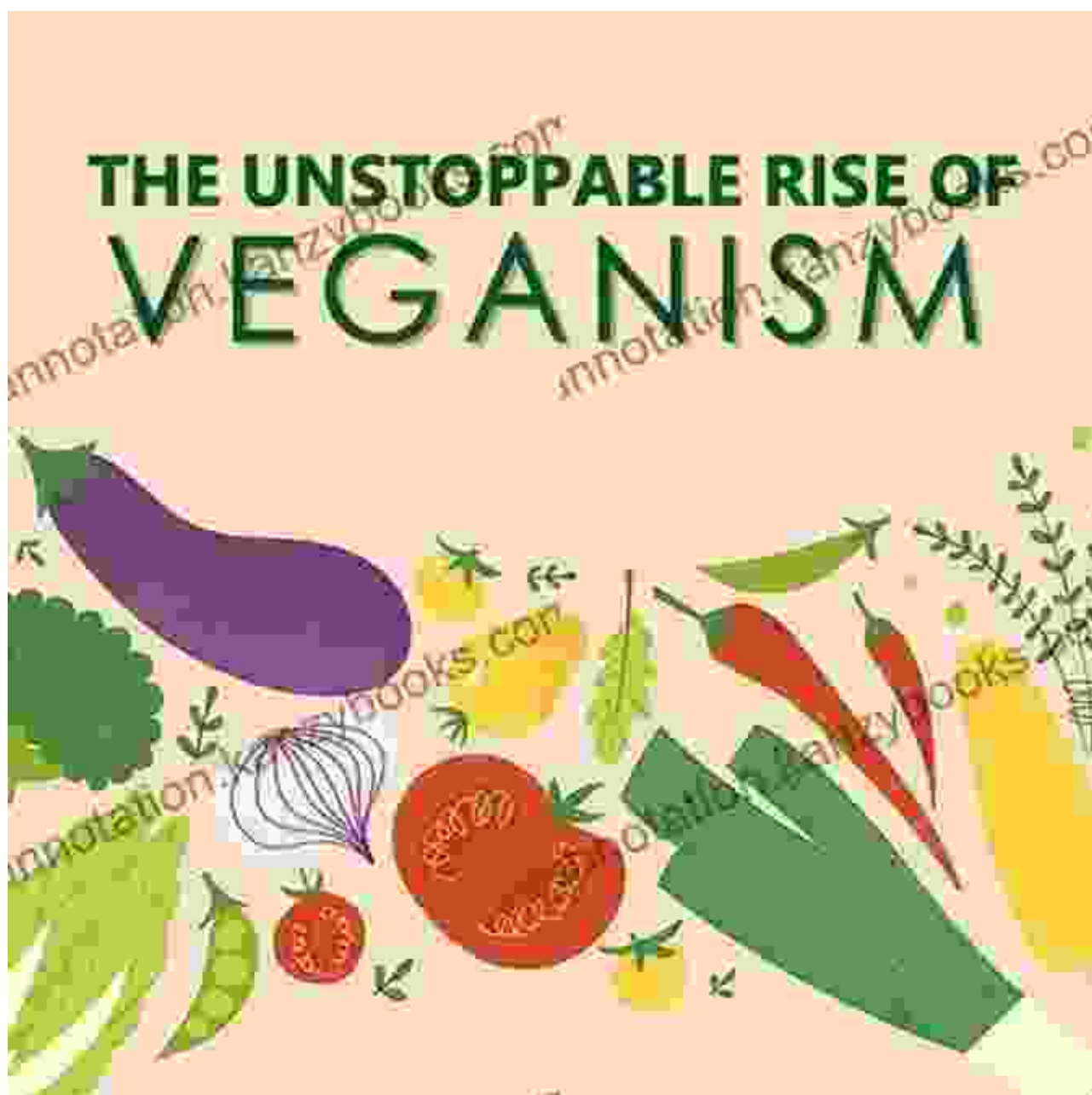
Miyoko Schinner is a pioneer in the vegan cheese industry. Her award-winning company, Miyoko's Creamery, produces a wide range of delicious and innovative vegan cheeses that are now available in major grocery stores across the United States.

Miyoko's journey to veganism began in the 1970s, when she witnessed the horrors of factory farming firsthand. She was so moved by what she saw

that she decided to dedicate her life to creating a more compassionate food system.

In 2014, Miyoko launched Miyoko's Creamery with the mission of making vegan cheese that was both delicious and affordable. Her cheeses are now used by top chefs in restaurants around the world.

Brendan Brazier: The "Father of Plant-Based Protein"



Brendan Brazier is a former professional Ironman triathlete who turned to plant-based nutrition to improve his performance. He is the founder of Vega, a leading producer of plant-based protein powders and supplements.

Brendan's journey to veganism began in the 1990s, when he was struggling with chronic fatigue and injuries. He tried a variety of different diets, but nothing seemed to help. Finally, he decided to give veganism a try.

Within a few weeks of adopting a plant-based diet, Brendan noticed a dramatic improvement in his health and energy levels. He was able to train harder and recover faster. He also noticed that his injuries were healing more quickly.

In 2004, Brendan launched Vega with the mission of making plant-based protein accessible to everyone. His products are now used by athletes and health-conscious people around the world.

Gene Baur: The "Father of the Farm Animal Sanctuary Movement"



Gene Baur is the co-founder and president of Farm Sanctuary, the largest sanctuary for farmed animals in the United States. He is a leading advocate for the ethical treatment of animals and a vocal opponent of factory farming.

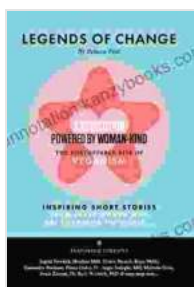
Gene's journey to veganism began in the 1970s, when he worked as a teacher in a rural school. He was shocked by the way animals were treated in the nearby factory farms. He decided to leave teaching and dedicate his life to fighting for animal rights.

In 1986, Gene co-founded Farm Sanctuary with his wife, Lorri Houston. The sanctuary provides a safe haven for abused and neglected farmed

animals. It also educates the public about the horrors of factory farming and promotes a plant-based diet.

The stories of Miyoko Schinner, Brendan Brazier, Gene Baur, and other vegan pioneers are inspiring and empowering. They show us that it is possible to create a more compassionate and sustainable world through our food choices.

If you are interested in learning more about the vegan movement, I encourage you to read *Legends of Change: The Unstoppable Rise of Veganism*. This book will give you an in-depth look at the history, the people, and the future of veganism.



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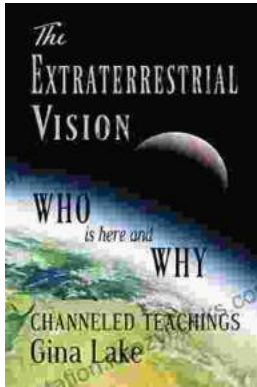
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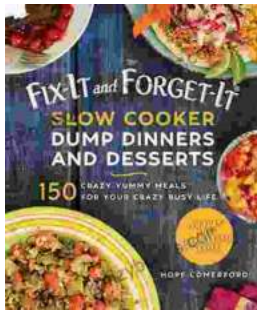
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